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| AUTHOR | Barkley, Russell A.; Edwards, Gwenyth H.; Robin, Arthur L. |
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ABSTRACT

This manual presents an 18-step program designed both to teach parents the skills they need to manage difficult adolescent behavior and to improve family relationships overall. Steps 1 through 9 modify the approach presented in Russell Barkley's earlier edition, "Defiant Children," to focus on developmental concerns of adolescence. Clear procedures for assessing defiance in teens and working with parents, alone or in groups, to reverse problem behavior are delineated. Steps 10 through 18 are conducted with parents and their teenagers together, utilizing a family therapy model developed by Arthur Robin and Sharon Foster. Clinicians are shown how to help all family members learn to negotiate, communicate, and problem-solve more effectively, while facilitating adolescents' individuation and autonomy. Reproducible forms enable clinicians to gauge the nature, diversity, and severity of parent-adolescent conflicts; assess for oppositional defiant disorder; and evaluate parental psychological adjustment. Handouts for families reinforce crucial ideas and skills imparted in-session. (Contains approximately 250 references.) (Author/GCP)

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